

## INFORMATION FOR PATIENTS

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# Non-invasive ventilation

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Your consultant has requested that we issue you with a machine that will assist your breathing while you sleep.

### What is non-invasive ventilation (NIV)?

- **Ventilation** is where a positive pressure or volume of air is used to inflate the lungs.
- **Non-invasive** means that this is delivered through a mask, not a tracheostomy or endotracheal tube.
- The air is delivered by a machine called a ventilator or NIV, through a flexible tube to the mask.

### Who needs ventilation support?

There are two main groups of patients who need non-invasive ventilation:

1. Patients with COPD (Chronic Obstructive Pulmonary Disease).
2. Patients with normal lungs but with either poor respiratory muscles or a poor central drive.

Both groups of patients could, over time, develop hypoventilation and result in respiratory failure. This is where you do not naturally breathe as efficiently as your body needs to, when you are asleep. This causes your oxygen level to drop overnight and your carbon dioxide level to rise. You may wake up with morning headaches, feel sleepy and lacking in energy in the daytime.

### What does the NIV system consist of?

- The NIV is a breathing machine that draws in air from the room, ready to assist you when you breathe in.
- The air comes from the machine, through a flexible tube, to a mask on your face
- Soft straps hold the mask in place while you sleep.

### Setting up the NIV

The machine you will loaned is simple to use:

1. **Put the mask on** – there are different sizes and styles of mask available. We will fit the best mask to suit you when we give you the continuous positive airway pressure (CPAP). All masks have a soft flexible cushion, which rests on your face with a frame that the head straps attach to.
2. **Attach the tubing** – a standard length of tubing is attached to the CPAP at one end and to your mask at the other
3. **Switch on the NIV** – the machine will be triggered to deliver a breath when you breathe in, which is at a higher pressure, and reduces to a lower pressure when you breathe out. It will also initiate a breath in if there is a pause in your breathing cycle.

## **Please allow up to one and a half hours for this appointment.**

A further consultation appointment to discuss your progress will be made for you to see a sleep physiologist and a consultant, which will be on the same day.

## **What if I need hospital transport?**

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556

## **Contact details**

Sleep Service

Telephone: 01623 672484

Email: [sfh-tr.sleep.clinic@nhs.net](mailto:sfh-tr.sleep.clinic@nhs.net)

King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield  
Notts  
NG17 4JL

Newark Hospital  
Boundary Road  
Newark  
Notts  
NG24 4DE

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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